



## There Has Never Been a Better Time To Eat Healthier and Get Into Shape!

Chances are, the gradual 1.5-2 pound increase in body weight each year that many Americans experience is adding up for you. This "weight creep" epidemic, rampant in the United States is also seen in the military services as well. You may have already noticed a great deal of talk about weight issues on this base.

In the active duty AF population, 61.5 % of men and 26.5% of women are considered overweight or obese by national health standards.

### **Excess Weight Carries Excess Costs**

This epidemic costs the AF millions of dollars each year in excess medical care and lost workdays. More significantly, the greatest impact of overweight and obesity among active duty AF relates to readiness. In fact, being overweight exerts the greatest effect on USAF physical fitness scores! It's time to take action!

### **Prevention is the Key!**

The AF has designed a campaign called *Shape Your Future...Your Weigh!™* to expand awareness of weight creep and providing strategies to prevent or limit

weight gain for optimal mission readiness, fitness and health.

The first step to facilitating any behavior change starts with awareness of the problem.

*Shape Your Future...Your Weigh!™* targets the entire AF community with the intent of empowering them to take control of their weight once and for all.

The mission of the campaign is to increase awareness of the problem of excess weight and provide strategies to prevent weight gain.

By investing some time to control your weight now, you can save a great deal of time and effort in the future. Why wait until the pounds add up?

### **Where Can I Get More Information?**

As part of the AF community, you have many resources available to assist you in getting into shape. Your **Health and Wellness Center (HAWC)** can help you on your way to achieving a healthy weight! Contact your local HAWC to find out more about programs created to help you win the weight creep battle.